

Exercise Science and Nutrition

Department Information

- **Program Director:**
Elizabeth Hilliard, Ph.D.
- **Department Location:**
Bentson Bunker Fieldhouse
- **Department Phone:**
(701)231-6737
- **Department Web Site:**
www.ndsu.edu/hnes/phd_in_exercise_science_and_nutrition/ (http://www.ndsu.edu/hnes/phd_in_exercise_science_and_nutrition/)
- **Application Deadline:**
Applications that are complete by March 15 will be given priority for fall semester. Applications completed after March 15 will be reviewed through May 1 for consideration for fall semester.
- **Credential Offered:**
Ph.D.
- **English Proficiency Requirements:**
TOEFL ibt 79; IELTS 6.5

Program Description

The Department of Health, Nutrition and Exercise Sciences (HNES) offers a Doctorate of Philosophy (PhD) program in Exercise Science and Nutrition (https://www.ndsu.edu/hnes/graduate_programs/phd_in_exercise_science_and_nutrition/). Exercise Science and Nutrition are traditionally separate disciplines that strive to improve human health or human performance. Combined, the two form a strong and natural approach to improve well-being. Exercise Science and Nutrition includes the study of energy systems, nutrient intake, behavior motivation, and the physiology and mechanics of movement. Faculty are scholars in community nutrition, nutrition across the lifespan, clinical nutrition, exercise science, biomechanics, and physical activity and health.

Program Objectives

The purpose of the PhD program is to train doctoral students in Exercise Science and Nutrition for future careers in industry and academia. The program requires coursework and scholarly activities that will produce professionals with strong skills in research, teaching, grant writing, and service who will be competitive and productive in their careers. These professionals will have a strong understanding of both Exercise Science and Nutrition that will enable them to assume positions of leadership in research and teaching in community, government, university or other professional agencies and organizations.

Professional Knowledge. Students understand disciplinary content knowledge and apply such knowledge in the field of exercise science and/or nutrition.

Scientific Inquiry and Research Skills. Students understand modes of scientific inquiry and develop research skills to answer questions in the disciplines of exercise and/or nutrition.

Professionalism. Students gain leadership experiences and obtain career-oriented credential(s) in exercise science and/or nutrition.

Career Opportunities

A PhD in Exercise Science and Nutrition offers a wide array of career opportunities. Graduates of the program can expect to work for governmental and human service agencies, for-profit and not-for-profit research organizations, as well as in university-level education and research positions. A unique and attractive aspect to this degree is that it can prepare students to work in either nutrition or exercise science academic units upon graduation. Graduates of this program are equipped to meet the needs of changing regional, national, and global populations as related to their health and well-being.